

## 2010 RUGBY SEASON

*The Concordia Stingers head into the CIS university women's rugby championship with a perfect 6-0 win-loss record in regular season conference play. Coach Graeme's team out-scored its opponents 243-53. The Stingers have been ranked No. 4 in CIS Top 10 all season.*

**Overall record: 11-0**

QSSF record: 6-0

Playoff record: 2-0

Exhibition record: 3-0

**The team produced:**

5 Quebec all-stars

The Quebec MVP

QSSF Coach of the Year

The Stingers defeated two ranked teams (four games out of 11) this season. Concordia defeated Laval in two regular season games and the Quebec championship. The Rouge et Or were ranked No. 6 throughout the fall. The Stingers also defeated Western in preseason action. The Mustangs were ranked as high as No. 7 early in the season.



Concordia Stingers Women's Rugby Team 2010





## **2010 QUEBEC CHAMPIONS**

### **CONCORDIA STINGERS WOMEN'S RUGBY**

#### **PROGRAM OVERVIEW/SEASON REVIEW**

In 2005, head coach Graeme McGravie inherited a rugby program that was spinning its wheels and had just come off a 3-5 season. Concordia had higher aspirations for its women's rugby team as did McGravie. The goal was to build it into an elite, nationally-respected program. In each of his six seasons as coach, McGravie has moved the program forward.

To play rugby at Concordia under McGravie's supervision, it's an eight-month, five-day a week commitment. There's a big emphasis on out-of-season training that has paid off handsomely for the Stingers. Concordia opened a \$4.4 million state-of-the-art dome at its Loyola campus in 2009. The Stinger Dome, an air-supported structure, offers women's rugby great opportunities to move its training and commitment forward.

McGravie has brought his Stingers to the playoffs for six consecutive seasons. Concordia played in the Quebec conference championship in each of the last four seasons, winning in 2007, 2009 and 2010.

In 2010, the Stingers finished with an 11-0 win-loss record, including exhibition games and playoffs. The campaign started with three preseason contests, including a victory over the Western Mustangs, a perennial rugby powerhouse.

"Beating Western in the preseason was a great confidence builder, a great way to get things started," said McGravie. "Also, beating Laval early in the season gave us the self-belief we need to go through the regular season."

The Stingers finished the Quebec regular season in first place with a 6-0 record. Concordia outscored its opponents 243 to 53.

In the semifinals, the Stingers defeated the fourth-place Ottawa Gee-Gees 33-5. Concordia went on to beat the second-place Laval Rouge et Or 13-8 to win the Quebec crown on Oct. 29. It was the fourth consecutive time the two teams battled in the Quebec final with Concordia winning three of the four contests.

"In some ways, this is a more satisfying championship than last year," McGravie said. "Last year was the benchmark, and this year the goal was to meet it. It was a challenge. We lost four big veterans from last year and we needed four rookies to step in their shoes. When Jessie Lapointe came in at scrumhalf – she came in late – that was the linchpin."

Looking at the nationals in Peterborough, Ont., there is a definite goal.

"We want to come home with a medal," said McGravie. "We were so close last year (fourth-place finish). Anything less will not satisfy us. It's all we've been talking about all year."

What will be the key to having success at the nationals?

"We have to get points when we have the chance," said the coach. "In this type of tournament, especially with the bonus point system, we have to score."

"In 2007 when we came to nationals we were like deer in the headlights. In 2009, we were happy to go but I don't think we had the belief. This year, we're going to hit the ground running."



## QUICK FACTS

### CONCORDIA STINGERS WOMEN'S RUGBY

<b>Head coach:</b>	Graeme McGravie (6th year), 46-21-1 career record
<b>2010 team overall record:</b>	11-0
<b>Exhibition record:</b>	3-0
<b>Regular season record:</b>	6-0
<b>Regular season standing:</b>	1st place in QSSF
<b>Playoff record:</b>	2-0
<b>Playoff finish:</b>	QSSF champions with 13-8 win over Laval (Oct. 29)
<b>CIS national appearances:</b>	5 – 1998, 1999, 2007, 2009 & 2010
<b>CIS results:</b>	4th place in 1998, 6th place in 1999, 5th place in 2007, 4th place in 2009
<b>CIS championship, sequence:</b>	3rd appearance in four years.
<b>2010 conference award winners:</b>	QSSF MVP – Jackie Tittley QSSF Coach of the Year - Graeme McGravie
<b>2010 conference all-stars:</b>	Jackie Tittley – inside centre Hughanna Gaw – No. 8 Claire Hortop – lock Sarah Nesbitt - lock Patricia Lapierre - centre



**2010 ROSTER**  
**CONCORDIA STINGERS WOMEN'S RUGBY**

No.	Name	Pos.	Ht.	Elig.	Course	Year	Hometown	Last Team
1	Mandie Aldridge	Winger	5'9"	3	Psychology	4	St. Antoine-Abb�, Que.	Ormsdown Saracens
2	Anastasia Assimakopoulos	Hooker	5'4"	3	Urban Studies	3	Montreal	Montreal Barbarians
3	Jessica Beaudry	Hooker	5'3"	2	Classics	2	St. Urbain-Premier, Que.	St. Lambert Locks
4	Adara Borys	Hooker	5'4"	3	Political Science	3	Montreal	TMR RFC
5	Solange De Blois	Prop	5'10"	1	Mechanical Engineering	1	Ste. Gen�vieve, Que.	Montreal Barbarians
6	Melissa Gagnon	Winger	5'8"	1	Accounting	3	Pierrefonds, Que.	TMR RFC
7	Emma Gaudet-Reichelson	Winger	5'5"	3	English Masters	1	Montreal	TMR RFC
8	Hughanna Gaw	No. 8	5'8"	2	Leisure Science	2	Elgin, Que.	Ormsdown Saracens
9	Jenna Giuliani	Fullback	5'4"	1	Psychology	1	Ch�teauaugay, Que.	Quebec U19
10	Erika Hamilton	Fly Half	5'6"	3	Exercise Science	3	Ormsdown, Que.	Ormsdown Saracens
11	Lisa Hoffman	Prop	5'6"	4	Studio Arts	4	Montreal	Montreal Irish RFC
12	Claire Hortop	Lock	5'11"	4	Exercise Science	4	Mississauga, Ont.	Montreal Irish RFC
13	Patricia Lapierre	Centre	5'6"	3	Political Science	3	Montreal	Montreal Irish RFC
14	Lea Leahy	Flanker	5'7"	2	Human Relations	2	Franklin Ctre, Que.	Ormsdown Saracens
15	Jasmine Moumne	Prop	5'3"	2	Biology	2	Montreal	Montreal Barbarians
16	Liza Myers	Flanker	5'6"	2	Political Science	2	Windsor, N.S.	Windsor Machine
17	Sarah Nesbitt	Lock	5'11"	4	Design Art	4	Regina, Sask.	Montreal Irish RFC
18	Sarah Scanlon	Prop	5'7"	3	Art History	4	St. Bruno, Que.	TMR RFC
19	Cara Stuckey	Flanker	5'9"	1	Business Admin.	1	St. Chrysostome, Que.	Quebec U19
20	Jackie Tittley	Centre	5'9"	3	Leisure Science	3	Kirkland, Que.	Quebec Sr.
21	Rebecca Waring	Scrum Half	5'3"	1	Human Relations	1	Pointe-Claire, Que.	John Abbott College
22	Kim Whitty	Centre	5'6"	4	Family Life	5	Laval, Que.	Dawson College
23	Katrina Cohen-Palacios	Winger	5'6"	3	History	4	Millstone, N.J.	Champlain College
24	Jessie Lapointe	Scrum Half	5'1"	1	Biology	1	Truro, N.S.	Montreal Irish RFC
25	Laura Ng	Flanker	5'6"	2	Psychology	3	Brossard, Que.	TMR RFC

Head Coach: Graeme McGravie

Assistant Coaches: Chris Hague, Guillermo Gulli, Mel Waring

Team Manager: Clive Gibson

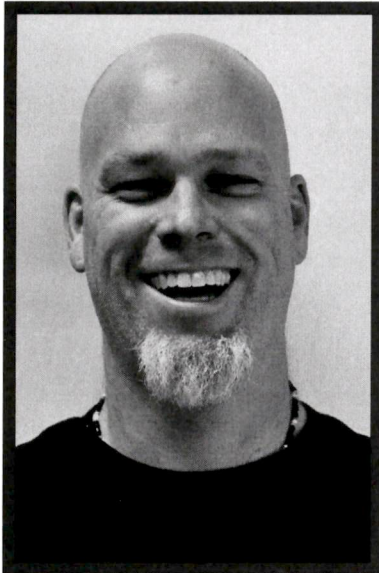
Head Athletic Therapist: Sean Christensen

Assistant Athletic Therapist: Matt Heron

Assistant Athletic Therapist: Lee-Ann Papula

Student Therapists: Kim Groombridge, Christine White





Graeme McGravie

## **HEAD COACH GRAEME MCGRAVIE**

*Graeme McGravie took over as head coach of the Concordia Stingers women's rugby team in 2005 after three seasons as head coach of the men's squad. McGravie is a fully-certified Level 3 coach with a wealth of experience at all coaching levels.*

*McGravie has enjoyed great success at the CIS level, being named both QSSF and CIS Women's Rugby Coach of the Year in 2007. He has brought the Stingers to the women's playoffs for six consecutive seasons. Concordia played in the Quebec conference championship in each of the last four seasons, winning in 2007, 2009 and 2010.*

He has been involved in coaching provincial teams as head coach of the Quebec men's entry at the Canada Summer Games in 1997 and as an assistant coach with the 2001 team. He was at the helm of the Montreal Menace, which represented Quebec in the Canadian Rugby Super League from 2000 to 2002.

McGravie also has a lot of experience working with student-athletes. He served as head coach of the Dawson College men's rugby team from 1997 to 2001 and held various high school coaching positions in the west end of Montreal — at both public and private schools — between 1987 and 1997.

"I know the game of rugby well and I'm prepared for whatever the game has to offer," says McGravie. "My biggest job is to get the team physically and mentally prepared. There are a lot of young athletes making the jump to university rugby, and it's a big jump. But the 18 to 23 year old athletes are the ones you can have the most fun with. They are very focused."

His career record with Concordia women's rugby is 46-21-1.

McGravie is an employee of Concordia University, working as an admissions counsellor in the Faculty of Arts and Science. He graduated from McGill University with a bachelor degree in Social Work.





### JACKIE TITTLE QSSF ALL-STAR & MVP

Jackie Tittle came to Concordia University after an outstanding career with John Abbott College, Quebec U19 and with the Canadian U20 Team – all three of which she captained.

She brings a lot of skills and character with her, especially for a young player.

"Jackie is a dream to coach," said Concordia head coach Graeme McGravie. "Jackie is always working hard to improve not only her game, but the game around her. She leads her team from the front both on and off the field with her dedication and play."

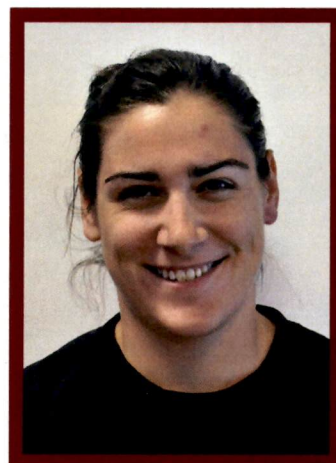
From a skill point, McGravie says she has it all. She can kick, pass, run, tackle.

"She's such a dominant force, other teams in Quebec scheme to run away from her," McGravie says. "But she can run side-to-side with anyone. She can adapt on the fly and she makes tackles for other people. Jackie has worked diligently on improving her strength in contact areas and has become one of the best tacklers in the province."

Some very accomplished players have suited up for Concordia women's rugby over the years – Erin Dance, Josée Lacasse, Sheila Turner, Sommer Christie, Natascha Wesch. McGravie says Tittle has a place among them as she continues to work hard.

"I'm building my team around her for the next few years, definitely," he said. "And she's the type of student-athlete that attracts other good players to your program. She has proved that again this year."

*Third-year inside centre  
Major in Leisure Sciences  
Hometown: Kirkland, Que.  
5'9"  
22 years old*



- 2010**
  - QSSF MVP
  - QSSF all-star
  - QSSF Female Athlete of the Week – Oct. 18
  - Concordia Female Athlete of the Week – Oct. 18
  - Concordia Female Athlete of the Week – Sept. 27
  - Concordia Female Athlete of the Week – Sept. 20
- 2009**
  - CIS all-Canadian
  - QSSF all-star
  - Concordia Female Athlete of the Year
  - QSSF Female Athlete of the Week – Nov. 3
  - QSSF Female Athlete of the Week – Nov. 2
  - Concordia Female Athlete of the Week – Nov. 2
  - Concordia Female Athlete of the Week – Sept. 21
  - Member of Quebec provincial team
- 2008**
  - CIS all-Canadian
  - QSSF all-star
  - Concordia Female Rookie of the Year
  - QSSF Female Athlete of the Week – Sept. 30
  - Concordia Female Athlete of the Week – Sept. 29
  - Concordia Female Athlete of the Week – Sept. 15
  - Concordia Female Athlete of the Week – Sept. 7
  - Member of Canada's U20 Team
- 2010 Regular Season Stats**
  - \* 5 tries, 22 converts, 3 penalty goals in six games
  - 78 points
  - \* Leading scorer on Concordia Stingers
  - \* Leading scorer in QSSF



## 2010 RESULTS

### CONCORDIA STINGERS WOMEN'S RUGBY

#### 2010 RESULTS

Sept. 4	vs. Trent	Pre-season	Win 74-17
Sept. 5	vs. Western	Pre-season	Win 24-10
Sept. 8	vs. McGill Kelly-Anne Drummond Cup	Pre-season	Win 3-0
Sept. 12	vs. Ottawa	League	Win 31-14
Sept. 17	vs. Laval	League	Win 10-9
Sept. 24	@ Bishop's	League	Win 65-0
Oct. 3	vs. Sherbrooke	League	Win 92-0
Oct. 10	@ Laval	League	Win 15-10
Oct. 17	@ McGill	League	Win 30-20
Oct. 24	vs. Ottawa QSSF semifinal	Playoffs	Win 33-5
Oct. 29	vs. Laval Quebec championship	Playoffs	Win 13-8

#### QSSF STANDINGS

	GP	W	L	T	F	A	+/-	Pts.
Concordia	6	6	0	0	243	53	190	12
Laval	6	4	2	0	192	40	152	8
McGill	6	3	3	0	225	83	142	6
Ottawa	6	3	3	0	158	75	83	6
Sherbrooke	6	2	4	0	42	282	-240	4
Bishop's	6	0	6	0	17	344	-327	0



## 2010 STATISTICS

### CONCORDIA STINGERS WOMEN'S RUGBY

#### CONCORDIA SCORING

NAME	Tries	Converts	PG	DG	TOTALS
Jackie Tittley	5	22	3	0	78
Emma Gaudet-Reichelson	7	0	0	0	35
Cara Stuckly	5	0	0	0	25
Adara Borys	4	0	0	0	20
Erika Hamilton	2	0	0	0	10
Lea Leahy	1	0	0	0	5
Lisa Hoffman	1	0	0	0	5
Jenna Giuliani	1	0	0	0	5
Claire Hortop	1	0	0	0	5
Patricia Lapierre	1	0	0	0	5
Katrina Cohen-Palacios	1	0	0	0	5
Mandie Aldridge	1	0	0	0	5
Laura Ng	1	0	0	0	5
Melissa Gagnon	1	0	0	0	5
Hughanna Gaw	1	0	0	0	5
Jessie Lapointe	1	0	0	0	5
Solange De Blois	1	0	0	0	5

#### QUEBEC SCORING LEADERS

NAME	GP	Tries	Converts	PG	DG	Total
Jackie Tittley, Con.	6	5	22	0	3	78
Brianna Miller, McGill	6	8	7	0	1	57
Claudiane Renaud, Laval	6	3	13	0	4	53
Lana Dingwall, Ottawa	7	2	13	0	0	36
Emma G-Reichelson, Con.	6	7	0	0	0	35
Stephanie Lynam, McGill	6	1	7	0	5	34
Natasha W-Roy, Ottawa	7	6	0	0	0	30
Krista Dunn, McGill	7	5	0	0	0	25
Brianna Gibson, McGill	7	5	0	0	0	25
Janine Mckay, Ottawa	7	4	1	0	0	22
Cara Stuckey, Con.	6	4	0	0	0	20
Julia White, McGill	6	4	0	0	0	20
Adara Borys, Con.	4	3	0	0	0	15
Onienté K. Laflamme, Laval	6	3	0	0	0	15
Jessie Lapointe, Con.	6	3	0	0	0	15
Sarah Meng, Ottawa	7	3	0	0	0	15
Amandra Mongeon, McGill	7	3	0	0	0	15
Charlotte V-Villeneuve, Laval	6	3	0	0	0	15





## QSSF HONOR ROLL

### QSSF ALL STARS

Marie-Pier Pinault-Reid, Laval	Alison MacCormack, Ottawa
Claudiane Renaud, Laval	Lana Dingwall, Ottawa
Élie Papineau, Laval	Patricia Lapierre, Concordia
Marie-Ève Gauvin, Laval	Jackie Tittley, Concordia
Charlotte Vallieres-Villeneuve, Laval	Claire Hortop, Concordia
Amandra Mongeon, McGill	Sarah Nesbitt, Concordia
Briana Yerbury, McGill	Hughanna Gaw, Concordia
Brianna Miller, McGill	

## QSSF MAJOR AWARD WINNERS

### **Rookie of the Year**

Brianna Miller – McGill

### **Leadership-Community Service Award**

Jackie Comeau - Ottawa

### **Coach of the Year**

Graeme McGravie – Concordia

### **Outstanding Player**

Jackie Tittley, Concordia

